

COURSE TITLE:

EMERGENCY FIRST AID AT WORK

MODULE	MODULE NAME	OBJECTIVE
1	Introduction to First Aid	To understand what first aid is, why it is important, and how first aiders support people in emergency situations.
2	Emergency Situations and First Aid	To recognise common emergency situations & understand how to respond safely while waiting for professional help.
3	First Aid Kit	To learn about the purpose of a first aid kit and understand the main items used for immediate care.
4	Recovery Position	To understand when and how to place adults, children, and infants in the recovery position safely.
5	Cardiopulmonary Resuscitation, CPR	To understand how CPR is performed and how chest compressions, rescue breaths, & AED use support survival.
6	Choking	To identify signs of choking and understand safe first aid responses for adults, children, and infants.
7	Bleeding	To understand different types of bleeding and learn how to treat a casualty if bleeding heavily.
8	Burns and Scalds	To understand different types of burns and scalds and learn how cooling, clearing, and covering support first aid.
9	Fractures	To recognise signs of fractures and understand how to support the injury safely while waiting for medical help.
10	Heart Attack and Stroke	To recognise signs of a heart attack and stroke and understand the importance of calling emergency help immediately.
11	Shock and Electric Shock	To understand the signs of shock and electric shock and learn how to respond safely in urgent situations.

